

I didn't sleep last night. I've been thinking a lot about us. We've been staying together for 2 years and during this time we've been arguing a lot. We don't seem to agree on many things.

Is everything alright?



I met Lizzy a few minutes ago. Her eyes were red and puffy. Do you know what happened?

Oh...she has been crying. She argued with her boyfriend earlier this morning.



Why is the present perfect progressive used in these sentences?

- I've been thinking a lot about us.
- We've been staying together for 2 years and during this time we've been arguing a lot.
- Why are her eyes so red and puffy?
- She has been crying.

How do these two groups of sentences differ?

- ♥ I *have been sitting* here *since* seven o'clock.
- ♥ I *have been sitting* here *for* two hours.
- ♥ You *have been studying for* five straight hours. Why don't you take a break?
- ♥ It *has been raining all day*. It is still raining right now.

- I *have been thinking* about changing my major.
- All of the students *have been studying* hard. Final exams start next week.
- My back hurts, so I *have been sleeping* on the floor lately. The bed is too soft.

PRESENT PERFECT PROGRESSIVE

- ♥ I *have been sitting* here *since* seven o'clock.
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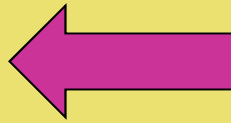


- ☺ This tense is used to indicate the *duration* of an activity that *began in the past and continues to the present*.
- ☺ We use the continuous to ask or say *how long* (for an activity that is still happening)
- ☺ When the tense has this meaning, it is used with time words, such as **for, since, all morning, all day, all week.**

PRESENT PERFECT PROGRESSIVE

☺ When the tense is used without any specific mention of time, it expresses **a general activity in progress recently, lately.**

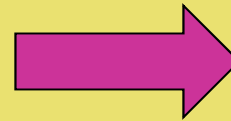
☺ We can use the present perfect progressive for actions **repeated** over a period of time.



- I *have been thinking* about changing my major.
- All of the students *have been studying* hard. Final exams start next week.
- My back hurts, so I *have been sleeping* on the floor lately. The bed is too soft.

PRESENT PERFECT PROGRESSIVE

- ♥ My hands are very dirty. I *'ve been repairing* the car.
- ♥ Her breath smells bad. She *has been smoking*.
- ♥ Their clothes are dirty. They *have been playing* in the mud.
- ♥ Her eyes are watery. She *has been cutting onions*.



- ☺ This tense is used to indicate an activity that was *in progress recently*.
- ☺ There is still *evidence* of the activity that was in progress.

REMEMBER!!!

Verbs not used in the progressive tense

- hear, see, smell, taste, forgive, like, love, hate, need, prefer, want, believe, forget, know, remember, seem, think (believe), understand, belong to, have (own), own, possess
- Non-action verbs (verbs that do not show movement or physical activity)

Make your summary

Present perfect progressive (have / has + been + verb-ing)	Past Progressive (was / were + verb-ing)
Reason 1: Eg. Sentence:	Reason 1
Reason 2: Eg. Sentence:	Reason 2
Reason 3: Eg. Sentence:	Reason 3

Your task

Create a few dialogues that consist of the use of present perfect progressive. You may use any other tenses you have learnt before but the focus is on the present perfect progressive.

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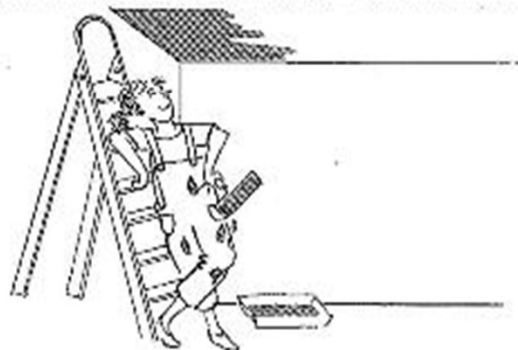
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COMPARE THESE EXAMPLES

♥ My hands are very dirty. I've been repairing the car.	♥ The car is OK again now. I've repaired it.
♥ She's been smoking too much recently. She should smoke less.	♥ Somebody has smoked all my cigarettes. The packet is empty.
♥ It's nice to see you again. What have you been doing since we last met?	♥ Where's the book I gave you? What have you done with it?
♥ Where have you been? Have you been playing tennis?	♥ Have you ever played tennis?

Present perfect continuous and simple (**I have been doing** and **I have done**)

Study these example situations:



Ann's clothes are covered in paint.
She **has been painting** the ceiling.

Has been painting is the *present perfect continuous*.

We are interested in the activity. It does not matter whether something has been finished or not. In this example, the activity (painting the ceiling) has not been finished.



The ceiling was white. Now it is blue.
She **has painted** the ceiling.

Has painted is the *present perfect simple*.

Here, the important thing is that something has been finished. 'Has painted' is a *completed* action. We are interested in the result of the activity (the painted ceiling), not in the activity itself.